

Don Watson

Landscape / Garden Design

View the full portfolio at <http://www.thecreativefinder.com/donwatsonn>

Professional Experience and Curriculum Vitae

Manager at Gardening Services Manchester a developing company for trusted gardening in North West Kingdom ,music fan, proud traveler.

Previous Clientele

Please kindly get in touch for more information.

Awards and Accolades

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15b Lloyd Road Singapore 239098 (co. reg. 201004398N)
helpdesk 656.227.2902, fax 656.227.0213

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Let's Garden
For Healthier Mind and Body!

45 minutes of gardening can burn as many calories as 30 minutes of heart-healthy aerobics

Doing 30 to 45 minutes of gardening 3 to 5 times a week can decrease obesity

People who garden regularly have 36% lower risk of dementia than non-gardeners

Gardening makes Cortisol levels lower which means better

- shape
- function
- well-being

According to some experts the fresh air can help prevent Attention Deficit Hyperactivity Disorder (ADHD)

Infographic Created by
Gardening Services Manchester
www.ManchesterGardening.co.uk

Sources
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<http://edition.cnn.com/2011/HEALTH/07/08/why.gardening.good>
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